HOT COLOUR, COOL FLAVOUR
WATERMELON AQUA FRESCA {page 12}

ROCKET MAN
GLEE STAR OVER THE MOON TO DUET WITH ELTON JOHN {page 7}

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News worth sharing.

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Splash. Of colour

▶ This woman's splash of pink and red brightens up an otherwise dull Monday afternoon in Winnipeg. Intermittent rain and wind gusts put a damper on the day.

JAMES TURNER/METRO

A bright spot on a grey day

Killer could get new privileges

Man who beheaded seatmate on Greyhound bus may be allowed to walk on unfenced hospital grounds more often with less supervision

A psychiatrist has suggested that the man who beheaded a fellow bus passenger on a Manitoba highway and ate pieces of his flesh should be granted more outdoor time and eventually be reintegrated into society.

Vince Li is responding to treatment, is "co-operative and polite" and has provided "absolutely no difficulty" to staff at the Selkirk Mental Health Centre, where he has been locked up since 2008, Dr. Steven Kremer told a review board Monday.

"Mr. Li recognizes that he has a mental illness ... and recognizes that he requires medication."

Li was found not criminally responsible for the gruesome killing of Tim McLean, a young carnival worker, onboard a Greyhound bus three years ago near Portage la Prairie, Man. The judge found that Li was an untreated schizophrenic who heard voices telling him to kill McLean, a man he had never met who happened to be sitting beside him.

Li was sentenced to a secure wing of the mental hospital. His treatment and conditions are reviewed annually. Initially, he wasn't allowed outdoors, but last year the Criminal Review Board of Manitoba granted him short supervised walks on the unfenced hospital grounds.

Kremer asked the review board yesterday to allow the hospital to gradually expand those walks — currently totalling two hours a day — to a 12-hour period between 9 a.m. and 9 p.m. The number of staff accompanying him should be reduced to one from three, Kremer added.

The request was criticized by Carol DeDelley, the victim's mother, who attended the review with other family members, all wearing T-shirts and pins featuring McLean's face.

"It is another step toward Vince Li's ultimate freedom," she said outside the hearing. "I think we need to treat him and take care of him behind locked bars for the rest of his life."

The review board is expected to rule on the request later this week.

THE CANADIAN PRESS

JOHN WOODS/THE CANADIAN PRESS

▶ Vince Li appears in a Portage La Prairie court on Aug. 5, 2008.

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1 news

Beneath Jerusalem, a massive and controversial underground city takes shape. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

Advisory

The Canadian Press has issued an advisory for the Enchiladas Roll Ups recipe that appeared in Metro's Food section last Thursday. CP directs people to check whether slow-cooker stoneware can be used on the stovetop before trying the recipe.

JAMES TURNER/METRO

▶ One man was arrested at Sunday's U2 Concert.

Man accused of concert assault

- Officer, suspect wrestled for a few minutes: Witness
- This was the only major incident at concert: Police

JAMES TURNER
@METRONEWS.CA

One U2 concertgoer was arrested and hauled off to the remand centre after allegedly assaulting a police officer trying to escort him from CanadInns Stadium.

The 45-year-old was intoxicated and became "belligerent" with concert security and later police, who were tasked with removing him from the massive Sunday event, said Const. Jason Michalyshen of the Winnipeg Police Service.

The man drew attention after he appeared to stumble down some stairs, police said.

When guards called police over to take him away, he allegedly pushed a female officer who was uninjured, Michalyshen said.

The man was formally charged with assaulting a peace officer and held in custody at the downtown jail, police said.

Michalyshen said the incident appeared to be the only one of note at the concert, which saw an estimated 50,000 people descend on the stadium.

"I don't want that one incident to paint a picture that police had huge issues at the concert," he said.

Anniversary of disappearance draws near

COURTESY OF WINNIPEG POLICE SERVICE

▶ Mildred Flett

As the one-year marker of Mildred Flett's mysterious disappearance approaches, Winnipeg missing-persons investigators are renewing a public appeal for information that could help find her.

Flett, 51, hasn't been seen or heard from since June 8, 2010, when she was last spotted in the city's downtown.

She also goes by the name Mildred Nelson, and is the ex-wife of Roseau River First Nation Chief Terry Nelson.

The fact she's been missing for so long is troubling to investigators, who continue to probe the case, said Const. Jason Michalyshen.

"I don't think I can downplay that … it's concerning," he said, adding there's "nothing concrete" to suggest she was the victim of foul play.

Police wouldn't comment if medical or mental-health issues were possible factors in the case, and refuse to say if there's been any activity in Flett's bank accounts since she was last seen.

A handful of tips suggesting she was in Saskatchewan or Alberta went nowhere.

Flett is described as aboriginal, five-foot-10 and about 140 pounds. She has brown eyes and medium-wavy black hair that she may have cut short, police said.

Any information can be passed on to police at 986-6250 or anonymously through Crime Stoppers at 786-TIPS (8477).

JAMES TURNER

Province escalates fight against bedbugs

The province has launched a website and hotline to provide citizens with information and support in the ongoing battle against bedbugs.

Manitobans are encouraged to call the toll-free bedbug hotline at 1-855-3MB-BUGS (1-855-362-2847) with questions about prevention of bedbugs, how to identify an infestation and what steps to take when an infestation occurs. The hotline is staffed by trained operators from 7:30 a.m. to 4:30 p.m., Monday through Friday.

The website can be found at manitoba.ca/bedbugs. METRO

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PHYLICIA TORREVILLAS/FOR METRO

▶ Mayor Gregor Robertson

WILL MAYOR BET TO WRESTLE A BEAR?

JEFF HODSON
@METRONEWS.CA

HOME ICE ADVANTAGE

Vancouver's mayor loves to bet other mayors on the Canucks' post-season fortunes. The last three years, he's disappointedly mailed off a picnic basket of local treats.

But thanks to the Canucks' playoff run, Gregor Robertson is living high on the hog (he's already won a ham from Nashville). But he seems to be running short of ideas for the Stanley Cup final and has taken to Twitter (@MayorGregor) for suggestions on what to bet Boston Mayor Thomas Menino.

Ideas so far: having the loser shave his head and — my favourite — wrestling with a bear or swimming with an orca.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

Canada tour for newlyweds

Trip will mark the first visit to Canada for the Duchess of Cambridge

SEAN GALLUP/GETTY IMAGES

▶ Their Royal Highnesses Prince William, Duke of Cambridge, and Catherine, Duchess of Cambridge, journey by carriage procession to Buckingham Palace following their marriage at Westminster Abbey on April 29 in London, England.

Two of the country's biggest summer shindigs will bookend Prince William and Kate's visit to Canada — a trip the government is expecting to be an international media circus.

The newlyweds will begin their first official overseas tour in Ottawa, where they will attend Canada Day celebrations, and end it with the Calgary Stampede, the world-famous annual hoedown in Alberta. There will also be stops in Quebec City, Montreal, Yellowknife, Charlottetown, and Summerside, P.E.I. (Kate is reportedly a big fan of Anne of Green Gables).

"This is part of what nation building is all about — hosting these kind of events," Heritage Minister James Moore said yesterday. "Hosting the duke and duchess is an honour for Canada and we look forward to having them visit all of these different regions."

Canadian taxpayers will be on the hook for costs associated with the visit. Moore said it would be under the $2 million shelled out for the Queen's last trip.

The tour is to begin June 30 and conclude July 8. A full itinerary will be released at a later date.

THE CANADIAN PRESS

85 MORE THAN 85 U.K. JOURNALISTS HAVE SIGNED UP TO COVER THE TOUR, WHILE ONLY 18 CAME FOR THE QUEEN'S LAST TRIP TO CANADA.

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First homegrown superbug puzzles

NDM-1, a cause of urinary-tract infection, did not make patient sick Bacteria is drug-resistant

GETTY IMAGES

Canadian researchers have identified what appears to be the first domestically acquired case of an NDM-1 superbug.

An 86-year-old Ontario man was found to be carrying bacteria resistant to most antibiotics because of NDM-1, or New Delhi metallo-1, an enzyme that alters the DNA of various types of bacteria. NDM-1 is endemic in India and Pakistan and has spread worldwide due to global travel.

But the patient, who was admitted to hospital and then a rehabilitation centre after suffering a stroke last October, had not travelled outside southwestern Ontario for the last decade. None of the man's family members or other close contacts were carrying the superbug, nor had any been to parts of the world where NDM-1 is widespread.

"It's really unfortunately a mystery in terms of his source, and it certainly suggests that he acquired it here in the southwestern Ontario region," said Dr. Susan Poutanen, an infectious disease physician at Mount Sinai Hospital in Toronto.

She said the case is not cause for public alarm but is meant to alert hospitals and labs not to dismiss NDM-1 as a cause of drug-resistant bacteria in patients merely because they have not travelled outside Canada. **THE CANADIAN PRESS**

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Germany to close all nuke plants by 2022

Germany's seven oldest reactors, all built before 1980, shut down after problems at Fukushima ◗ Plants provided 40 per cent of nuclear power

Germany's governing coalition said yesterday it will shut down all the country's nuclear power plants by 2022. The decision, prompted by Japan's nuclear disaster, will make Germany the first major industrialized nation to go nuclear-free in years.

It also completes a remarkable about-face for Chancellor Angela Merkel's government, which last year had pushed through a plan to extend the life span of the country's 17 reactors — with the last scheduled to go offline in 2036.

But Merkel now says industrialized Japan's helplessness in the face of the Fukushima disaster made her rethink the technology.

While Germany was set to abandon nuclear energy eventually, the decision — which requires parliamentary approval — speeds up that process.

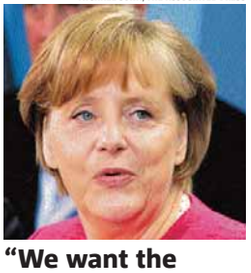
Germany's seven oldest reactors, taken off the grid pending safety inspections following the March catastrophe at Japan's Fukushima Dai-ichi plant, will remain offline permanently, Environment Minister Norbert Roettgen said.

The country's energy supply chain "needs a new architecture," necessitating efforts in renewable energies and overhauling the electricity grid, Merkel said.

The determination of Europe's largest economy to replace its nuclear power with renewable energy sources makes it stand out among the world's major industrialized nations. Among other Group of Eight nations, only Italy has abandoned nuclear power, voted down in a referendum after the 1986 Chornobyl disaster, closing three operating reactors.

THE ASSOCIATED PRESS

MICHAEL SOHN/THE ASSOCIATED PRESS



"We want the electricity of the future to be safe, reliable and economically viable."
CHANCELLOR ANGELA MERKEL

Auto. Repairs

▶ Chrysler Group CEO Sergio Marchionne, right, speaks with Finance Minister Jim Flaherty during a visit to a Chrysler casting plant in Toronto yesterday. They say it's too soon to tell whether the federal and Ontario governments will sell their shares in the recovering car company to Italian carmaker Fiat.

DARREN CALABRESE/THE CANADIAN PRESS

Shares with Italian flair?

Governments acquired 1.7 per cent of Chrysler shares two years ago as part of a bailout to help the company survive the economic downturn.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contract
+ 32 (13,829.70)	+ 0.02¢ (102.34¢ US)	– 21¢ US ($100.38 US)	$4.563 (+ 4.5¢)	$1,539.10 (+ $2.80)

No glory for Canuck economy

102.35¢
Markets reacted negatively to the report initially, shaving one-tenth of a point off the loonie to 102.35 cents.

Canada's economy expanded an impressive 3.9 per cent in the first three months of this year, but there was little cheering in markets with the performance.

Not only was the number slightly below the four per cent consensus expectation, but the elements of growth signalled a sharp brake in the economy ahead.

The most encouraging news in the much-awaited Statistics Canada report yesterday is that the last month of the quarter — March — saw a gross domestic pickup of 0.3 per cent, slightly above consensus.

"Its not just the headline that matters. It's the composition of (first-quarter) growth that is disconcerting," said Derek Holt, vice-president of economics with Scotiabank.

The composition included a heavy dose of production placed in storage, awaiting future sales, with inventory buildup accounting for three-quarters of the growth.

Meanwhile, consumers were in hibernation, contributing only 0.1 percentage points to growth, and net trade was a drag, with the solid 1.6 per cent rise in exports from the previous quarter swamped by a 2.2 per cent gain in imports. The bright spots were in business investment, manufacturing and housing.

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CTV dishes plans for rebranding A channel

The CTV television network plans to rebrand its A channel stations this fall as the CTV Two network.

CTV's parent Bell Media says the new network will launch as the company transitions the stations to a high-definition signal.

The announcement was made yesterday at the start of "upfront" week, when many homegrown TV stations reveal their fall lineups in a bid to seek early ad deals.

Citytv announced its lineup yesterday. The Shaw schedule will be released today. THE CANADIAN PRESS

Postal strike to halt snail mail?

The union representing Canada Post's urban workers gave the Crown corporation an ultimatum yesterday that it will strike this week if its final offer is rejected.

Denis Lemelin, national president of the Canadian Union of Postal Workers, said the union is in a legal position to strike on Thursday at 11:59 p.m. ET after turning down Canada Post's latest offer. Lemelin said the two sides have a history of reaching deals last minute, but said Canadians planning to send mail this week should consider the decision carefully.

THE CANADIAN PRESS

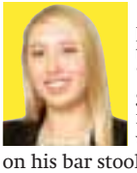
ADRIAN WYLD/THE CANADIAN PRESS

▶ Denis Lemelin, national president of the Canadian Union of Postal Workers, appears in Ottawa yesterday.

GIRLS' GUIDE TO SURVIVING NHL PLAYOFFS

SHE SAYS ...

JESSICA NAPIER
METRO



Say RIP to your relationship for the rest of the hockey season, ladies — your man is about to abandon you in favour of a bunch of bearded dudes on ice.

Yes, the seemingly impossible has happened; a Canadian team has made it to the Stanley Cup final. Now, it may not be "your" team, but the boys in blue and green are Canuck nonetheless, and that means that every Molson-blooded male will be taking up permanent residence on his bar stool/couch cushion of choice for the next two weeks.

A Canadian team hasn't taken home the cup since 1993, so, apparently, this is a pretty big deal. And with many hockey-loving lads still riding high off the 2010 Olympic gold medal win, it seems that people are excited about Vancouver's chances.

Personally, I feel pretty "meh" about hockey, but as someone who looks like Bambi out on the ice, I can appreciate the skill of the sport. Plus, there's fighting and beer; how is a girl going to compete with all the bruising and boozing the NHL has to offer?

"Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture."

Starting tomorrow, be prepared for an absentee other half or, even worse, a living room full of rowdy puck enthusiasts with very little regard for the noise level or the furniture. Your presence will be entirely forgotten unless you're in charge of picking up the pizza.

Date nights will be replaced with double overtime. You will be subjected to endless recaps, stats and highlight reels. The sights and sounds of Don Cherry's colourful blazers and grating commentary will permeate your nightmares.

And, of course, don't expect to score unless his team does. Your sex life is about to become heavily dependent on Roberto Luongo's goaltending. If the Canucks do lose, the phrase "It's just a game" will only worsen your chances with your moody bedfellow.

So what's the best strategy when dealing with hockey-night neglect?

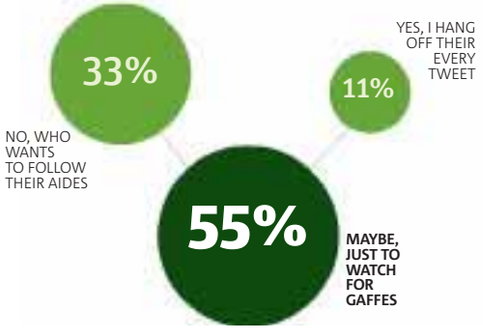
Stay away. Plan field trips with fellow hockey widows and make peace with the fact that you might not have a meaningful conversation with your mate until the post-season ends.

If you do find yourself staying in on game night, do your best to remember this simple commandment: Don't change the channel under any circumstances. It doesn't matter if it's The Bachelorette's "most dramatic rose ceremony ever" — if you even so much as glance at the remote during a commercial break you will be banished from your own home until after Game 7.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metrolifepanel.ca and take the quick poll

Would you follow a world leader on Twitter?



Local tweets

- **@Shane-Hoopfer:** I'm going to suggest packing your jerseys and your sticks in the car for tomorrow #Winnipeg (poncho might be a good idea too I'm hearing)
- **@hanrattychris:** If the NHL returns to Winnipeg the team has to be called the Jets. We can't pass up the chance to have The Jets vs The Sharks. Snap Snap
- **@chrishorvatits:** I have been sold to True North and will be moving to Winnipeg.
- **@djr5001:** so how many years until the team moves from winnipeg now? can we start guessing where? seattle? hartford? quebec? ok city?
- **@TheAlMcLean:** Sorry boss, too sick to work today. I'll see you on Wednesday. — The Residents of Winnipeg #gojetsgo
- **@ShaneHoopfer:** there is a rumour going around that Don Cherry will be attending the announcement in #Winnipeg
- **@mhops:** come on atlanta lawyers just sign the papers so i have a reason to actually visit Winnipeg

Worth mentioning

TOKYO. A new poll yesterday showed that more than 80 per cent of Japanese voters do not trust government information about the country's nuclear crisis.

The poll conducted by Fuji Television Network also found that nearly 85 per cent of respondents said the utility that operates the stricken Fukushima Dai-ichi nuclear plant is dealing with the crisis poorly. A March 11 earthquake and tsunami damaged crucial cooling systems at the plant, causing the worst nuclear crisis since Chornobyl. The twin disasters left more than 24,000 people dead or missing in northeastern Japan.

Eighty-one per cent of respondents to the survey said they did not trust government information about the crisis, Fuji TV said. Seventy-eight per cent said Prime Minister Naoto Kan lacked leadership in handling the disasters.

Kan is facing calls for his resignation even within his own ruling party. Opposition parties are expected to submit a no-confidence motion against him as early as Thursday.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

It was close to a one-way ticket to a kitchen

Railway officials recently discovered snakes on a train in Vietnam — highly venomous king cobras in bags under a seat.

Railroad official Pham Quynh said passengers were terrified when four cloth bags containing the writhing cobras were spotted Friday. The snakes were alive but had their mouths stitched shut.

Quynh said the exact number of snakes was unclear, but the bags weighed 45 kilograms.

Security staff removed the cobras, which were likely destined for restaurants in Hanoi. Their owner apparently escaped in the chaos.

Snake meat is considered a delicacy in Vietnam, but cobras are protected by law.

Quynh said the cobras were given to forest rangers who released them into the wild Saturday after no one claimed them.

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Morrison gets to sing with his idol

Glee star paired with Elton John for two songs on his new album
Actor has been involved in music theatre since he was a teen

KAREN BLISS
SCENE@METRONEWS.CA

Glee star Matthew Morrison sings Somewhere Over The Rainbow with Gwyneth Paltrow on his self-titled debut album, but the dream he dared to dream, that really did come true, is singing with the legendary Elton John. The two recorded an epic medley of John's Mona Lisas and Mad Hatters and Rocket Man.

"I wanted to pay homage to one of my favourite songwriters," says Morrison, who had the good fortune to be in the studio with John for the tracking. "It was pretty surreal. I don't know how to describe it. I didn't really take in the moment until maybe a couple of days afterwards, where I was like, 'Did that actually happen?' It felt like a dream.

"I listen to that song now and his voice is so awesome, and then his voice fades out and then mine comes in and it's like, 'Woah!'"

Sting also joins him on Let Your Soul Be Your Pilot but the rest of the songs are solely Morrison. Some of the songs the 32-year-old co-wrote, including the album's lead single, Summer Rain.

"I thought that the first single had to start in a really kind of light poppy fun place," he says.

Morrison has worked in musical theatre since his teens and never before released an original album (he's been on Broadway albums). He realizes his role on the hit TV series as teacher and glee club director Will Schuester has opened doors he wouldn't normally have on a debut album, including bypassing club shows for theatres and an opening slot on the New Kids On The Block/Backstreet Boys tour.

"I have a whole band, an 11-piece band, a horn section," he says of the costly configuration. "I want to do it right and luckily enough from being on Glee, I think I have more of a support system behind me."

Boy band

LMNT. Matthew Morrison reveals he was once in a boy band called LMNT, complete with matching outfits, but quit before ever recording with them. "You know as a performer when you're embarrassed to be onstage doing the wrong thing," he explains. "It felt so contrived. It was back in 1999 or something where you couldn't throw a stick and not hit someone in a boy band (laughs)."

EUGENE GOLOGURSKY/GETTY IMAGES

▶ Glee star Matthew Morrison released a self-titled album in May.

2 scene

Scene in brief

PBS officials say hackers have cracked the network's website. The hackers apparently posted a phoney story claiming dead rapper Tupac Shakur was alive in New Zealand. The phoney story had been taken down as of yesterday.
THE ASSOCIATED PRESS

Colombian popstar Shakira says she's considering doing songs, maybe album, in Arabic. Scan code for story.

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Love in Europe: Lively is being 'wooed' by Leo

KIYOSHI OTA/GETTY IMAGES

▶ Leonardo DiCaprio

Leonardo DiCaprio's European tour with rumoured girlfriend Blake Lively continues, though the pair are doing their best to not be seen together.

After a trip to Italy, DiCaprio and Lively returned to France, where they were twice spotted leaving the Saint-Paul de Vence hotel in Saint-Paul separately, according to Us Weekly.

The next day, they returned to Cannes, where they were first spotted together two weeks ago, and boarded a yacht.

"Blake is definitely being wooed," a source says.

"This could be the beginning of something." METRO

JOHN SHEARER/GETTY IMAGES

▶ Reports have linked January Jones to Claudia Schiffer's husband.

Jones won't snitch on her baby-daddy

January Jones has remained mum on the identity of her unborn baby's father, but E! Online reports that it may be her X-Men: First Class director, Matthew Vaughn, who is currently married to Claudia Schiffer. Sources say Jones and Vaughn shared a "very close" relationship on the film's set, and Schiffer and Vaughn also reportedly abandoned their rented home in Beverly Hills around the time Jones revealed she was pregnant.

Lawyers for Vaughn tell Page Six that the report is an "absolute lie." METRO

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ISTOCK PHOTOS

▶ Want to meet girls? Try the brooding approach, a new study suggests.

Stop smiling gents

New study out of Vancouver finds that happy-looking men appear less attractive to women

CELIA MILNE
LIFE@METRONEWS.CA

Smiling is attractive in women, but in guys — not so much.

An intriguing new study done by psychologists in Vancouver has found that when it comes to attracting women, happy-looking men may finish last.

"There are major differences in the ways emotions affect attractiveness in the two genders," lead author Jessica Tracy told Metro. "When women smile and show happiness, men find that the most attractive. When men smile and show happiness, women find that the least attractive."

Tracy, who is a professor of psychology at the University of British Columbia in Vancouver, along with graduate student Alec Beall, undertook two studies which included a total of 1,041 people. Subjects were shown hundreds of photographs of the opposite sex displaying either happiness (big smile), pride (puffed-out chest), shame (head down) or neutrality (no expression). The photo viewers were asked, "How attractive do you find this person?"

"There are major differences in the ways emotions affect attractiveness in the two genders"
DR. JESSICA TRACY

Results indicated women were most attractive showing happiness and least attractive showing pride. Men were most attractive when showing pride and least sexy showing happiness. Surprisingly, among young women looking at photographs, even men showing shame were more attractive than men showing happiness.

What's wrong with smiling men? It could be that since men are assumed to be sexually receptive, when they smile, they seem needy or desperate. Women prefer the bad-boy look.

"Men who show pride are tough, strong and powerful and women find that attractive," says Tracy.

Since the study involved photos, it only reflects people's first impressions.

"In dating there are lots of other things at play," says Tracy. "It may be relevant only in situations where you only show a photo, such as online dating."

Future studies will explore gay reactions.

3 life

Body issues

One third of women on university campuses would trade one year of their life to get their ideal body weight and shape, according to a new study in the U.K. And almost 40 per cent would have cosmetic surgery if money wasn't an issue.
CELIA MILNE

A new tool being used for fighting oral cancer

Let them eat carbs

Carbohydrates are no longer the enemy A diet high in resistant starch is the latest way to narrow that waistline Make sure to pass the breadbasket please; it's OK, I'm on a diet

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Carb. This nasty four letter word has for too long been associated with gluttony and weight gain. It's both the ultimate comfort food and the reason why we shudder at the thought of chewing on a bread roll. Anyone that has sacrificed hearty bowls of pasta for celery sticks, listen up. The Carb Lovers Diet, written by nutritionist Frances Largerman-Roth and Health magazine editor Ellen Kunes, maintains that the secret to long-term weight loss is a diet rich in non-refined carbohydrates.

"For 20 years diet experts and the media have spread the word that carbohydrates are bad for our health, raise blood sugar levels and make us fat," says Largerman-Roth. "So called healthy diets have supported protein rich plans such as Atkins and South Beach and totally shunned potatoes, bread and pasta."

And yet...

Carbs are stars

The Carb Lovers Diet revolves around eating foods rich in resistant starch, a type of carbohydrate that isn't digested in our small intestine, leaving us feeling fuller for longer.

"There has been such a carbs backlash but research shows that people who ate the most carbs weighed less."

LARGERMAN-ROTH

Calorie consumption is naturally curbed as the starch acts as an indigestible, filling fiber. Eating around 15 grams of resistant starch a day also triggers a fat burning enzyme in the body, increasing your metabolism. It's a balanced diet where you learn to eat a healthy amount of good fats, protein and fiber.

"We want people to eat normally and get the right carbs back onto their plates for good," explains Kunes.

When people do eat carbs, they tend to eat the wrong kind. Refined carbohydrates, such as white bread and pasta, are super junky and immediately converted into glucose, leaving you feeling hungry again two hours later.

The carb calculator

Sticking to the plan could have you losing up to eight pounds in 30 days. This is no pasta party. In the initial 'detox' phase, calories are restricted to 1,200 (average weight loss is six pounds) and gradually increased to 1,600 a couple of weeks later. Men on the plan should add 500 calories on to each phase. Portion control is a big part of the plan's success, as is one's ability to get over their innate fear of carbs.

"There has been such a carbs backlash but important research shows that people who ate the most carbs (in countries such as Japan) weighed the less overall and vice versa," says Largerman-Roth.

On the Carb Lovers Diet people finally get to eat what they crave — stars include green bananas, oatmeal, sourdough bread and more — just minus the guilt.

-SOCIALLIFE

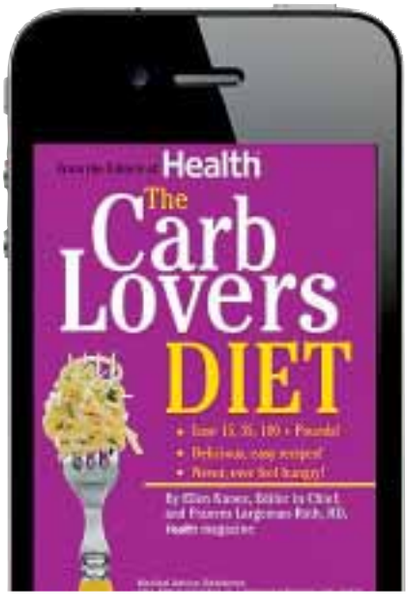
Enjoy that slice, Heidi. Just pay attention to your calorie count.

Eat

- **Breakfast:** the 'Elvis': toasted rye bread with almond butter and sliced banana. (5.6g resistant starch).
- **Lunch:** Pesto Turkey Club: pumpernickel bread, apple and turkey (2.6g resistant starch).
- **Dinner:** baked two cheese penne with roasted pepper sauce (2g resistant starch).
- **Drink:** fat flushing green tea cocktail — 8 cups of brewed green tea, juice of 1 orange, 1 lemon and 1 lime.

Calories from

- **Resistant starch:** 45- 60 per cent
- **Protein:** 25 per cent
- **Fats:** 20-25 per cent



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Up and down

Sugar
A spoonful of sugar a day could keep the doctor away. Research shows that sugar improves the effects of antibiotics and reduces the strength of chronic and recurrent infections. Glucose and fructose help make bugs vulnerable.

Obesity
You have more than the common cold to worry about as experts claim that obesity could be contagious. Hanging out with family or friends that are overweight could be distorting your perception of what being a 'normal' size really is. There could also be a tendency to eat more when dining out.

The cuddle chemical

A new pill containing the 'cuddle chemical' oxytocin could help prevent post-natal depression, currently affecting 20 per cent of mothers in the United Kingdom.

Increasing the level of this hormone, known for enhancing feelings of love, trust and affection, could help mothers bond with their babies sooner.

ROMINA McGUINNESS

Bringing back the old school approach

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Last week I was the MC of the joint FCAC-OECD Partnering to turn Financial Literacy into Action conference held in Toronto. Attending were over 400 delegates from all over the world.

As part of my introductory remarks I told the story of growing up in the 1950s in Canada the daughter of an air force officer and a stay-at-home housewife.

My dear old dad was the absolute monarch of our family finances.

He got his pay on the last Friday of every month and immediately deposited it in the bank.

He kept some cash for himself and placed some more in a plain white envelope, which he sealed and bestowed upon my mother as she mixed their Friday night Manhattans.

Mum guarded her housekeeping money zealously.

I never knew how much he gave her, and that envelope was a source of endless mystery to me.

In those days, a woman was considered a poor housekeeper and wife if she couldn't make the money last until the end of the month.

If she was particularly careful, there would be some left over, and she could use that for herself.

My mother was quite brilliant at squirrelling away nickels and dimes for an extra visit to the hairdresser.

Looking back, I told the delegates, I think that if all the world's financial affairs had been turned over to women of the "housekeeping money" generation, there would have been no sovereign defaults, no asset-backed commercial paper debacle, no subprime mortgage meltdown.

And most certainly no budget overruns!

I have this image of a woman, like my late mother, passing out envelopes to government ministers, banks and other corporations and issuing a stern warning. "When it's gone, it's gone. Don't bother coming back for more!"

Throughout the conference my mother's envelope took on a life of its own.

Numerous delegates came to tell me that it had been raised in their workshop and a number of presenters wove it into their speech.

I think the message is that something as tangible as cash in an envelope, designated for a certain purpose provides the kind of spending limit no debit or credit card can do.

Maybe it is time to turn back the clock.

Financial literacy

- There are wonderful resources for financial literacy at the Financial Consumer Agency of Canada: fcac-acfc.gc.ca/

ISTOCK

▶ Alison's money rule: Set spending limits, monitor them, then tell yourself, 'when it's gone it's gone!'

PROOF THAT DATING SITES WORK

Names:
David, 47, and Mable, 42

Hometown:
Edmonton

Together since:
2002

Their story:

CONTRIBUTED

▶ David and Mable

It was July 2002, and I (Mable) had just requested a leave of absence from work to travel to India and Southeast Asia for six months.

Just for fun, I signed up with Lavalife and started casually dating before I left.

None of the guys seemed right for me until I met David. Three weeks before my September departure date, I had practically moved into David's place.

D-Day was approaching, and we had to decide what to do about our relationship. I told David it was OK for him to move on with his life; he didn't have to wait for me. Instead, he decided to join me for six weeks around Christmas.

It was very sad when it came time for me to leave, but I knew I would see him in less than four months.

When he joined me over the holidays, we were both amazed at how well we travelled together. Backpacking in Asia can be very challenging, and he did extremely well considering he had never travelled overseas before.

When it came time for him to leave, we were both in tears again, but we knew we'd see each other in six weeks. The trip had gone so well, we knew we'd be together for good. It was the longest month and a half of my life, and my enthusiasm for travel just wasn't the same without him. When I returned home in late February 2003, we went back to living together. David proposed a few months later, and we were married in September that year. We now have a very bright four-year-old, Charlotte, who keeps us laughing and on our toes.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

OUTSOURCE CLEANING, SAVE TIME

SMUG MARRIEDS

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

My husband and I both work so our weekends are crazy busy. I'd like to hire a cleaning service to free up some time, but he thinks we'd be throwing away our cash. How can I convince him it would be money well-spent?

Derek says...

Time is money, and hiring a cleaning service is like buying yourself some spare time. If he doesn't help out already, put a dust cloth and toilet bowl brush in his hands and ask him to start scrubbing. After one Saturday afternoon, I'm sure he will find cash from his beer budget to help stuff the cleaning-bill jar.

Angela says ...

Take a look at all your expenses, and then price out what it would cost to have your home cleaned bi-weekly.

It might be easier to afford than you both realize — maybe it just means one less dinner out. Try it out a couple of times and he'll likely warm up to the feeling of coming home to a clean house after work (especially the lovely fresh bedsheets!).

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Miso adds special flavour to meatless burgers

THE CANADIAN PRESS/ HO

▶ This recipe takes 25 minutes to complete and produces eight sliders.

Made from ground chickpeas, these patties are traditionally fried but can also be cooked in a skillet or baked. And because chickpeas are agreeable to a broad range of flavours, it's easy to play with the seasonings and other ingredients.

Preparation:

1. In a bowl, whisk 30 ml (2 tbsp) of the miso and mayonnaise. Set aside.
2. In a food processor, combine chickpeas, remaining miso, cilantro, olive oil, garlic powder, five-spice powder, salt, pepper and lemon zest. Pulse until coarsely chopped.
3. Form mix into 8 patties about 7.5 cm (3 inches) around and about 4 cm (1 1/2 inches) thick. As you are forming patties, firmly pack with fingers.
4. Place breadcrumbs in shallow bowl. One at a time, set each patty in bowl; pat breadcrumbs onto all sides.
5. In large skillet over medium-high, heat 15 ml (1 tbsp) of the sesame oil. Add patties and cook until browned and heated through, 3 to 4 minutes per side. If patties start to stick, add another 15 ml (1 tbsp) of oil when flipping.
6. Serve burgers on buns topped with miso-mayonnaise, lettuce and tomato.

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Ingredients:

- 120 ml (8 tbsp) sweet white miso, divided
- 125 ml (1/2 cup) mayonnaise
- 2 cans (398 ml/14 oz) chickpeas, drained
- 75 ml (1/3 cup) chopped fresh cilantro
- 50 ml (1/4 cup) olive oil
- 10 ml (2 tsp) garlic powder
- 5 ml (1 tsp) five-spice powder
- 5 ml (1 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- Zest of 1 lemon
- 375 ml (1 1/2 cups) panko breadcrumbs
- 15 to 30 ml (1 to 2 tbsp) sesame oil
- Sliced tomato
- Leaf lettuce
- 8 mini burger buns

Diner serves up all your fave homemade classics

White Star Diner's major charm and classic fast food options are satisfying

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

I thought the White Star Diner was a garage the first time I passed it on a dark evening.

Not because of the decor but because of the size. It is the tiniest of diners but big on charm.

Take your food to go if you can't snag one of the four stools inside, but the addition of two bistro tables out front doubles the seats!

A Blue Cheese Burger ($6.95) is simple and tasty with lettuce, tomato and blue cheese mixed with mayo.

The Club House Sandwich ($6.95) is pleasantly full of chunks of oven-roasted turkey.

The burger and sandwich are messy so why not add a big ole bag of fresh cut fries ($4.50) and a creamy real fruit milkshake ($5.35) to round out the true diner meal?

White Star Diner
58 Alberta St.
947-6930
whitestardiner.ca
Reservations: No
Social lunch: Yes
Price range: $2.50 - $8.50
Rating: 3.5 out of 5

PAY CHEN

▶ Blue Cheese Burger and Club House Sandwich with fries.

The White Star Diner isn't trying to win you over with presentation but the homemade food makes this darling diner one to visit.

THE CANADIAN PRESS HO/ NATIONAL WATERMELON PROMOTION BOARD

Watermelon Aqua Fresca

Preparation:

1. Blend half of watermelon pieces with 125 ml (1/2 cup) of the water until smooth. Strain into serving pitcher. Repeat process with remaining watermelon and water. Add lime juice and honey. Stir until blended. Pour into ice-filled glasses nd garnish with watermelon triangles skewered with lime wedge.

Ingredients:

- 1 l (4 cups) watermelon, cut into chunks, divided
- 250 ml (1 cup) cold water, divided
- 15 ml (1 tbsp) freshly squeezed lime juice
- 15 ml (1 tbsp) honey
- Ice cubes
- Garnish: Watermelon triangles, lime wedges

THE CANADIAN PRESS/ WATERMELON.ORG

The return of the king

DAVID J. PHILLIP/THE ASSOCIATED PRESS

▶ Dwyane Wade, left, and LeBron James share a laugh yesterday during practice.

Back in the NBA finals for first time since suffering sweep in 2007, LeBron is 'honoured' to be there

MAVERICKS HEAT

▶ **Time:** 9 p.m.
TV: TSN, ABC

LeBron James walked through the tunnel leading from the Miami Heat locker-room yesterday, stepped onto the court and gave a yell. He looked down at the NBA finals logo newly affixed on the floor, then smiled and nodded.

With that, it became real. His championship chance — the biggest reason he came to Miami — has finally arrived.

Swept out of his only other finals appearance four years ago, James will get his long-awaited second opportunity starting tonight when the Heat host the Dallas Mavericks in Game 1 of the NBA's title series.

After a year like no other in his life, starting with the much-criticized The Decision, his jerseys being torched in Cleveland and never-ending, intense scrutiny of his every move, the last challenge will likely prove to be the toughest of them all.

"I'm honoured to be here once again," said James, who led the Cavaliers to the 2007 finals and lost in four games to San Antonio. "Now with this franchise, it's an honour.

"As players, we worked hard. I worked hard individually to get to this point. And I had a lot of visions of being in this moment and now it's hit me, being on that floor, seeing the championship logos and everything, the finals logos. I'm very excited."

It showed yesterday.

He chatted with teammates, taking part in a long-shooting contest with Dwyane Wade, Eddie House and others, looking perfectly comfortable as dozens of photographers clicked away for 30 straight minutes. By now, being under scrutiny is an accepted part of the deal for James, who has been dealing with this since his high school days.

Away from the court, though, those who are around the two-time NBA MVP say his focus is even sharper than usual. Winning a title likely won't change perceptions about James. His fans will surely remain fans, his critics will surely remain critics, no matter what happens.

But to him, a championship would mean everything that took place since he publicly said he would join the Heat was all worthwhile.

THE ASSOCIATED PRESS

LIONEL CIRONNEAU/THE ASSOCIATED PRESS

▶ Rafael Nadal

Nadal through to quarter-finals

Rafael Nadal improved his record at Roland Garros to 42-1, beating Ivan Ljubicic 7-5, 6-3, 6-3 yesterday to reach the quarter-finals of the French Open.

The five-time champion was not troubled on Court Philippe Chatrier, and the win kept him on course to equal Bjorn Borg's record of six titles on the Parisian clay.

"I have improved since the tournament started," said Nadal, who was pushed to five sets in the first round. "I'm able to play better and I'm going to continue on this path."

Novak Djokovic also had a successful day, even though he wasn't scheduled to play. The second-seeded Serb reached the semifinals of the tournament — where he could meet Roger Federer — when quarter-final opponent Fabio Fognini withdrew because of injury.

"Walkover from Fognini. Bad luck for him, hope he recovers fast. Today i get to enjoy Paris in a different way :-)" Djokovic wrote on Twitter.

Maria Sharapova also advanced yesterday, as did Australian Open runner-up Li Na. Fourth-seeded Andy Murray and Viktor Troicki of Serbia were even at two sets each when their match was suspended because of darkness at 4-6, 4-6, 6-3, 6-2.

Nadal won four straight titles at the French Open before losing to Robin Soderling in the fourth round in 2009. He will face Soderling in the quarter-finals this year after the fifth-seeded Swede defeated Gilles Simon of France 6-2, 6-3, 7-6 (5).

"For me it will be a tough match," Nadal said. "He's played two finals here at Roland Garros, so he knows what this means. He's got to play his best tennis."

THE ASSOCIATED PRESS

4 sports

Quoted

"Normally, when you're our age, people count you out. They say you don't have anything left in the tank. But as you get older in this league, you get wiser."

MIAMI'S JUWAN HOWARD, ON DALLAS'S JASON KIDD. HOWARD WAS DRAFTED A FEW SPOTS AFTER KIDD IN 1994-95 AND IS THE ONLY PLAYER OLDER THAN KIDD IN THIS YEAR'S NBA FINALS. BOTH PLAYERS ARE 38.

Scan code for more sports.

RICH LAM/GETTY IMAGES

▶ Ryan Kesler of the Canucks battles with the Bruins' Tomas Kaberle in a regular-season game in Vancouver on Feb. 26.

Cup final has makings of a classic

Bruins plan to be physical against well-rested Canucks

The date was Feb. 26, there were stars aplenty on both sides, and the Vancouver Canucks and Boston Bruins met on Hockey Night in Canada in what turned out to be a dandy.

Little did they know that the Bruins' 3-1 victory in Vancouver would turn out to be a preview of the Stanley Cup final.

But to the Bruins, it was just one regular-season game out of 82. Sure, it was a big win. Tim Thomas made 26 saves and Vancouver native Milan Lucic scored the game winner. It was a feel-good night, for sure.

The Bruins practised one last time in Boston yesterday before heading to Vancouver and were complimentary of their opponent.

"Obviously, they're a Presidents' Trophy winner, they're a great hockey team, deep and well coached, and we'll look at things we have to do," Bruins forward Mark Recchi said. "Any key to your team's success is how you play personally. I think we focus on what we do ourselves.... It's who's going to want it more and who's going to play to their abilities the best."

By the time the puck drops in Game 1 tomorrow night, the Canucks, will have had seven days off.

"That's a real challenge for us, to be aggressive but not be stupid about it. So, we have to be smart in our defensive play."
BOSTON'S DENNIS SEIDENBERG ON DEFENDING THE SEDIN TWINS

The Canucks have many weapons, most notably Daniel and Henrik Sedin, the twin forwards who, along with forward Ryan Kesler and goaltender Roberto Luongo, have led this Vancouver renaissance. Together, the Sedins have 37 points this post-season, and Daniel has eight goals.

Kesler could be the X-factor, though. Too much concentration on the Sedins, and the rugged centre will pounce. Kesler scored 41 goals in a breakout regular-season and has followed that up with seven goals and 11 assists in the playoffs.

"There is a lot of skill, there is a lot of speed," Boston coach Claude Julien said in reference to the Canucks. "So, they are a pretty potent team and obviously, they thrive on their power play. So, we are going to have to be a physical team. But we are also going to have to be a very disciplined team."

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STANLEY CUP FINAL

Canucks study tape of alien B's

Every edge counts and the Vancouver Canucks are looking to video to provide one in the Stanley Cup final against the Boston Bruins.

The series opener is tomorrow night, but the teams hardly know each other in game situations because they play in different conferences.

They face each other once a year, at most, during the NHL's regular-season grind, with little preparation time.

But the two clubs will know each other a little better through video before they step on the ice in Vancouver.

"That's what we're going to use the next couple of days for," goalie Roberto Luongo said after yesterday's practice.

"We're going to get as much video as we can on them, go through their players, making sure we know everything we need to know about them, their systems and their tendencies and make sure we're as ready as we can be and we don't get any surprises."

Even though he used to play in the Eastern Conference, Luongo said he's familiar with only two Bruin forwards — Nathan Horton and Patrice Bergeron.

"Most of them are going to be (familiar) through video and talking to (goalie coach) Rollie (Melanson) and guys who have played with their players," Luongo said.

Coach Alain Vigneault said watching video of the Bruins will be like looking at a brand new opponent.

"That one game in the season is probably not reflective of how both teams play on a regular basis," Vigneault said.

"I don't think you can put too much emphasis on the stats from that game."

One Canuck who won't need much video to become familiar with the Bruins is Maxim Lapierre, who has faced them many times as a member of the Montreal Canadiens.

His scouting report was succinct and to the point. "It's a team that's going to show up every shift on the ice," he said.

"It's going to be tough and it's going to be a war."

THE CANADIAN PRESS

Reports say Thrashers' move to Winnipeg nearly done

The Winnipeg NHL watch continues with reports that the Atlanta Thrashers' sale could be complete this week, possibly as early as today.

The Thrashers' owners are in negotiations with True North Sports and Entertainment, which wants to move the team to Winnipeg.

While reports suggested the news might come sooner rather than later, those in the know chose their words carefully yesterday afternoon.

True North spokesman Scott Brown told The Canadian Press via email that "no press conference has been scheduled as of yet."

And NHL deputy commissioner Bill Daly said in an email that "there is nothing done as of now."

The NHL would likely prefer the Thrashers' sale is announced on a Stanley Cup final off-day.

Still, Daly told The Associated Press yesterday there is no strict rule against releasing big news during the final.

Daly said, "It's certainly possible something will be finalized this week."

Yesterday was Memorial Day in the U.S.

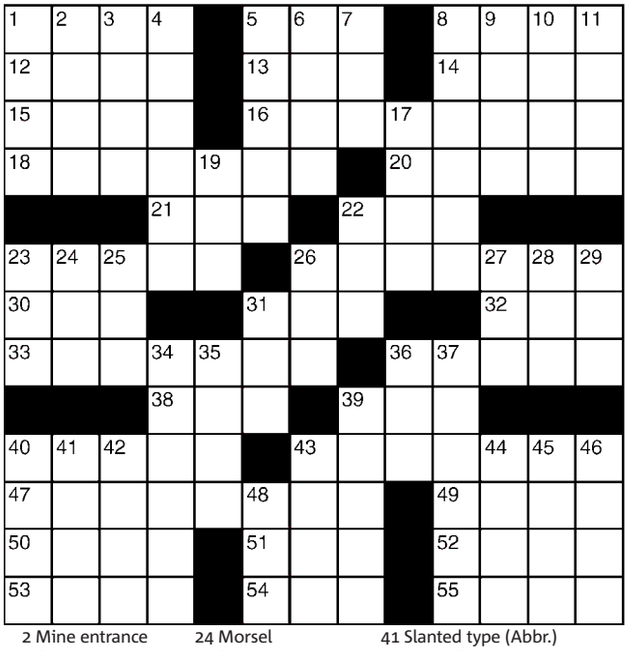
The two sides have been working through complex legal details on the sale and relocation of the team. Thrashers fans' hopes for a late local buyer have not been realized.

NHL commissioner Gary Bettman said on his weekly radio show on Thursday the inability to find an owner who wants to keep the team in Atlanta is a barrier the league can't overcome.

"It would be one of those head scratchers where you say, 'Look at all of this great corporate opportunity, look at all of this grassroots hockey, why doesn't somebody want to own a team here?'" Bettman said. "And that would be a difficult but unfortunate situation to be dealing with if it has reached, or does reach that point."

THE CANADIAN PRESS

Crossword



Across

1 Ragamuffin
5 Suitable
8 Academic
12 Stench
13 Bakery purchase
14 Jason's ship
15 New Zealand bird
16 Norm
18 Livingstone's rescuer
20 Just sat there
21 Petrol
22 Individual
23 Westminster, for one
26 Of tin
30 Round Table address
31 Enthusiast
32 Alias abbr.
33 Suffragist Elizabeth Cady —
36 Just defeated, with "out"
38 Eg. and Syr., once
39 Pigpen
40 Actor Quinn
43 Comedy style
47 Horse-drawn carriage
49 Emanation
50 Body powder
51 Sheepish remark?
52 Periodicals, for short
53 Sheltered
54 Doctrine
55 Bullring bravos

Down

1 Stir-fry vessels
2 Mine entrance
3 Corn Belt state
4 Surrey decoration
5 Church sections
6 Compassion
7 Afternoon beverage
8 Enrage
9 Exam format
10 Shrek, for one
11 Lincoln in-law
17 1492 carrier
19 Deposit
22 Mel of Cooperstown
23 Donkey
24 Morsel
25 Support system?
26 Baltimore newspaper
27 Gripe repeatedly
28 Eisenhower
29 Scoundrel
31 Neither partner
34 Subtlety
35 Trig. function
36 Greek vowel
37 Generator
39 Kettle output
40 "The Thin Man" dog
41 Slanted type (Abbr.)
42 Driver Earnhardt
43 Resorts 44 Two-way
45 Desire 46 Elapse
48 Japanese sash

▶ Yesterday's answer

T	U	T	U		F	I	E		A	C	H	Y
O	V	E	N		O	D	E		C	H	O	U
M	E	N	S		R	O	L	L	C	A	L	L
B	A	D	E	G	G		S	I	R	R	E	E
			A	L	I	T		S	U	I		
R	O	L	L	O	V	E	R		E	S	S	E
E	R	A		B	E	N	E	S		M	I	L
V	E	N	T		R	O	L	L	B	A	C	K
		C	A	P		R	A	U	L			
E	R	E	B	U	S		P	R	O	N	T	O
R	O	L	L	B	A	R	S		W	O	O	D
O	B	O	E		R	O	E		U	N	T	O
S	E	T	S		A	D	D		P	E	E	R

Sudoku

3		9	2		4			
8					9	2		
	4				7		1	
	1			2				3
	8						6	
6				5			7	
	3		8				2	
		6	7					1
			1		6	5		9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Tumbleweed
thank you for an amazing weekend, i can not describe in words how you make me feel inside, lets just say when i see you my world lights up and my heart beats very strong. I hope your day goes great and know that my heart and mind are full with you today and every day.
CARLOS JUNIOR

Dear Chandra Kahn
Although it saddens me that we have to say goodbye to you, we know you will rock law school. Best of luck...we are so proud of you!
SAD LAB MATE

Dr. Wickfield
I wish there was a way to stop you from leaving us. Is there?! No?! Sigh! Ok! Somebody is gonna miss a Dr. next door and her white-out pen is gonna dry out soon!
YOUR FUTURE CHAIR OWNER

A look at the weather

TODAY	WEDNESDAY	FRIDAY
Min 6° Max 16°	Min 6° Max 12°	Min 6° Max 19°

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and horoscopes: metronews.ca

♈ Aries March 21-April 20 Do something that others do not approve of.

♉ Taurus April 21-May 21 Amaze friends and family alike: do something unexpected.

♊ Gemini May 22-June 21 Are you the only sane person left in the world? Maybe you are, but more likely you are seeing things from the wrong angle.

♋ Cancer June 22-July 22 Don't bother trying to reason with other people today, because they are driven by emotion and superstition.

♌ Leo July 23-Aug.23 Do whatever it takes to stay in good spirits.

♍ Virgo Aug. 24- Sept. 22 Just because others are greeting the day with a frown does not mean you have to do likewise.

♎ Libra Sept. 23-Oct. 23 If you don't feel like working today then don't force yourself.

♏ Scorpio Oct. 24-Nov. 22 You are where you are, so get real and make the best of it.

♐ Sagittarius Nov. 23-Dec. 21 There are days when it is wiser to keep your thoughts to yourself and this is one of them.

♑ Capricorn Dec. 22-Jan. 20 Employers and colleagues will be demanding today.

♒ Aquarius Jan. 21-Feb. 18 There is a thin line between genius and folly.

♓ Pisces Feb. 19-March 20. Don't let your imagination get in the way of logic.

SALLY BROMPTON

Caption contest

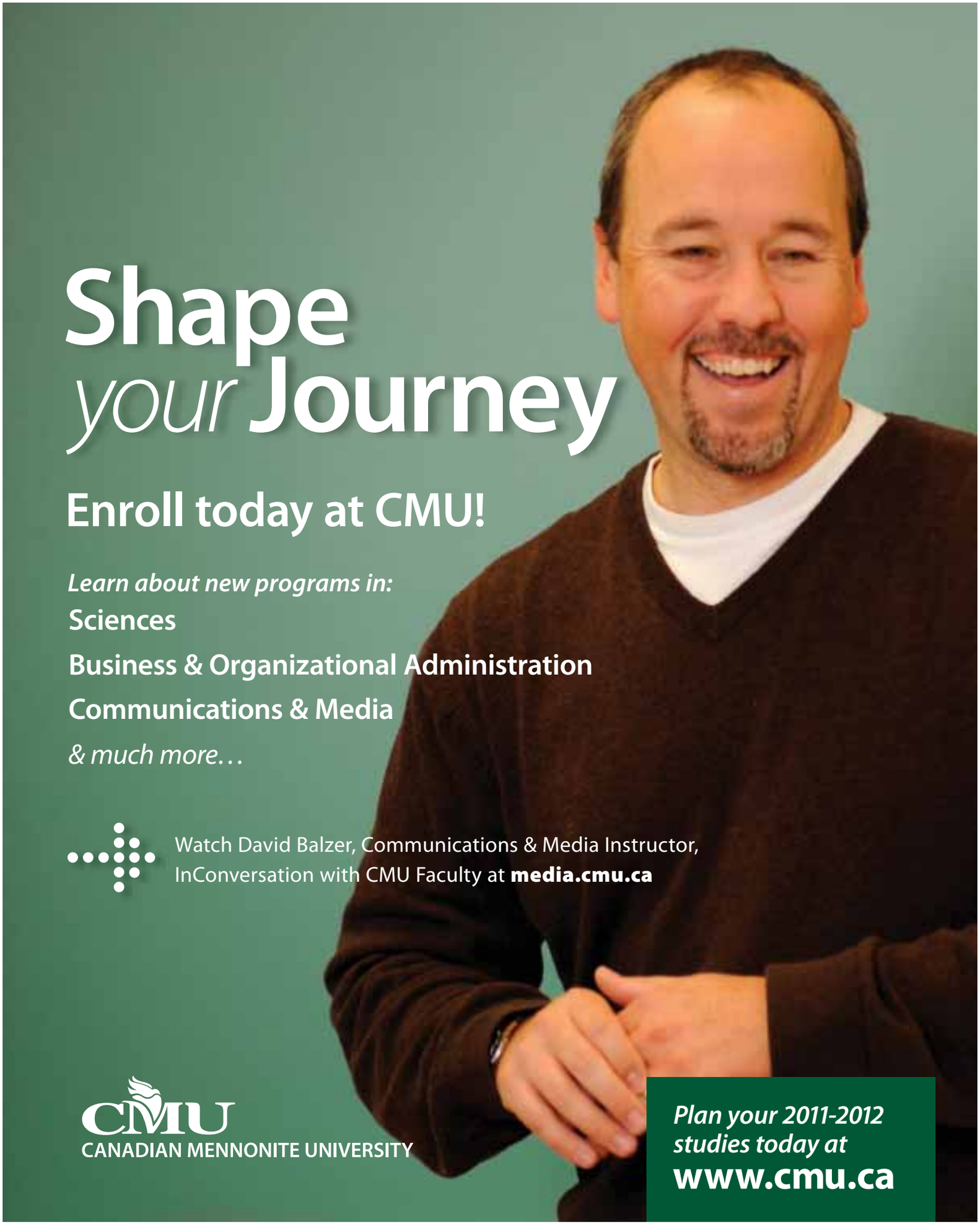
MAHESH KUMAR A./THE ASSOCIATED PRESS

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.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